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ABSTRACT

Most physical education at the pre-school, kindergarten, and primary level is taught by caregivers and classroom teachers with minimal training in the area. This publication suggests many activities for pre-school centers and elementary schools that can take place outside in the playground with a minimal supply of equipment and with children in street clothes. Recognizing that the pre-school/primary level is the optimum learning period, this publication defines an activity program for that particular level rather than a watered down version of an intermediate level program. Chapters in the publication cover: (1) "Activities to Stretch Muscles and Imagination"; (2) "Throwing, Catching, Aiming, Striking Activities, and Games"; (3) "Races, Relays, and Contests"; (4) "Beginning Tumbling and Gymnastics"; (5) "Dance Activities"; (6) "Fitness for Life"; (7) "Water Confidence Play"; (8) "Physical Education for Special Populations" (9) "Methods of Teaching Physical Education"; and (10) "Playgrounds and Equipment." Appendices list sources for equipment and music. (Contains 79 references.) (ND)

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